



MUCH MUCH MORE— HARD EVIDENCE

by Robert Monroe

We keep making the statement "You are more than your physical body . . ." but the only data available comes out of the mind and, therefore, is often suspect. It's only an idea and can't be proved.

Through a series of circumstances beyond my control, I was forced some five years ago to go back and uncover a "basic" that I had overlooked. It seems that I couldn't do and be what I wanted and needed until I did.

Just previously, we had traveled to London and Paris to give several lectures and make some TV appearances. In visiting historic old stone buildings in London, I became very sad when I went near them—so sad that I actually became ill. We finally cut short our visit there and went on to Paris. The same reaction occurred in Paris when we went sightseeing. I was bewildered and we left for home ahead of schedule.

In searching for the missing "basic," I found it to be the many previous life personalities/experiences that make up what I am, numbering in the hundreds, perhaps thousands. What I am is a melding of several of such personalities most appropriate for a twentieth-century existence. It was difficult for me to accept this reality, as I had been singularly disinterested in such things as reincarnation and karma.

In my internal search, I found out about the London and Paris mystery. It seems I was a builder-architect in London during the twelfth century, and complained so much about the callous loss of lives during construction that I had to flee for my life to Paris. The same took place there, only I didn't get away. The king had me guillotined because I refused to work on his pet project. When I tried to find my name in that era, there was only an emphatic response: "You were you!"

Then, last summer, my conservative younger brother went on a vacation in Scotland. He visited The Munro Fields and Castle, the point of origin of the Munro clan, took some pictures, and returned home. I didn't even know such a place existed. He didn't mention it to me because he didn't think I would be interested—until he received a letter from the Institute in November showing the newly constructed east wing tower on our Center building.

He quickly made copies of the photographs and sent them to us. The pictures showed a tower attached to the castle with nearly identical dimensions to our tower; octagonal, built halfway into the side of the building just as ours, same roof pitch, even with the same wrought-iron fencing.

Who built the Munro Tower? Clan records show it was Donald Munro and his son, *Robert Munro*. (I was !!) When? In the mid-twelfth century.

You just can't keep them down on the farm.

[Excerpted from the manuscript of *Ultimate Journey*.]



INNER CIRCLE

A new and unique level of involvement with the Institute, named the Inner Circle, was implemented in the fall of 1989. It had two goals: to recognize major contributors in a special way; and to provide invaluable assistance to research activities through off-site assessment of new technological advances and new products.

We're constantly assessing products and research results right here, of course. But off-site assessment is different. For example, when we're developing Hemi-Sync for the sleep processor, in-house tests may be influenced by our knowing that we're listening to the sleep processor. To have an objective, unbiased test, we copied a cycle from the sleep processor onto tape, asked Inner Circle participants to listen and tell us what happened—without their knowing what was on the tape or what effects we were anticipating. When they reported back "Nothing happened; I just fell asleep," we knew we were on the right track!

It's not all reporting on tapes with unspecified purposes. Inner Circle participants, prepped by a special Hemi-Sync tape, were challenged to identify the contents of a brown paper bag hanging from the lab ceiling. The numbers of direct hits and the almost-but-not-quites were so exciting that we're running the same experiment a second time. Another fun experience in store for Inner Circle participants is a fly-in, an out-of-body reunion at the lab. There are other rewarding benefits too, such as personal lab sessions and brainmapping.

How does someone join the Inner Circle? By making a significant con-

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EXPLORING TOGETHER

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

BUTTE, MT

Leo McCarthy
(406) 494-3567

CAMBRIA, CA

Lealand Beck
(805) 927-1752

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727

LAGUNA BEACH, CA

Libby Roberts
(714) 494-3282

LAMBERTVILLE, MI

Eileen Tucker
(313) 856-5251

LEIMEN, GERMANY

Kala Siciliano
06226/5192

MONTVILLE, NJ

Judith Lerner-Taylor
(201) 402-8142

MT. PLEASANT, SC

Jacqueline Simanek
(803) 849-1652

NEW YORK, NY

Ross Jacobs
(212) 929-0661

OAKLAND, CA

Virginia Barclay Goldstein
(415) 339-1769

PORRTLAND, OR

Bill Oakes
(503) 288-5305 (w)

SCOTLAND, CT

Genia Haddon
(203) 456-0646

TEMPE, AZ

Marcie A. Katler
(602) 968-3021

TOLEDO, OH

Eileen Tucker
(313) 856-5251

If you live within reach of any of these good people, and would like to find other nearby people to "explore" with, get in touch.

TAKE TIMEOUT FOR SLEEP™

Often the obvious is so much so that we can't see it. When we do, we wonder how we could have been so blind as to ignore an obvious fact.

Fact: For over twenty years, we have developed and have been using a method (Hemi-Sync sound) that has helped thousands get to sleep without use of drugs. It is probably the best noninvasive means to go to sleep that's available. In the midseventies, we conducted a study with forty-five insomniacs—those who required prescription medication to get to sleep at night. After thirty nights using only Hemi-Sync sound, forty of the forty-five found it as good or better a means to get to sleep. Our *Catnapper* sleep tape has sold nearly one hundred thousand copies, principally through word of mouth.

Fact: In the United States alone, there are over eighty-five million adults who suffer from sleep deprivation. Worldwide, the number exceeds two hundred million. At least thirty million Americans use prescription drugs to get to sleep in spite of possible side effects. Lack of sleep causes more industrial and auto accidents than any other single cause.

Fact: This fall, Hemi-Sync sound finally will be offered to the general public as an alternate means to get to sleep. It will be distributed under the brand name *TIMEOUT*, in the form of a four-cassette album. It will be distributed by Interstate Industries, Inc., the commercial agent for the Institute. The first advertising campaign will be on late-night TV.

Obviously!

If you have any *obvious* ideas where we go next with the *TIMEOUT* project, let us know!



FEEDBACK

Susan Tirotta, of Ellensburg, Washington, submitted this dramatic account of her use of *Pain Control* to relieve an acute allergic reaction. Thanks, Susan, for sharing your experience with the TMI membership.

About five years ago I began very suddenly to experience life-threatening allergic reactions to certain foods. I had never had any allergies or asthma before age thirty, so this has been a mystery to me. The anaphylactic reactions I have had to such previously innocuous foods as apples, peaches, blueberries, and filberts have required several trips to the local emergency room for adrenaline injections; I now carry a bee sting kit and epinephrine inhaler with me at all times so that I can treat myself if necessary. I have deduced that I am reacting to some substance on the fruits and nuts, such as a fungicide/herbicide/pesticide.

It had been over eighteen months since I had had an allergic reaction, so I presumed the mysterious episodes had subsided as quickly as they had come. I was wrong. On the evening of January 2, 1991, I ate about ten pistachio nuts, something that had never bothered me in the past. Within seconds my eyes and ears

began to swell closed, my hands became so swollen I could not bend my fingers, ropes of clear mucus began to stream from my sinuses and lungs, and huge red welts began to spread over my body. Aware that my airway would soon begin to swell closed, I rushed to the bathroom, used my inhaler twice and ingested a double dose of Benadryl antihistamine.

From my previous experiences, I could tell that this was a particularly violent anaphylactic reaction and I should get to the hospital emergency room. As I was home alone and in no condition to drive, I began to go to the phone to call a neighbor to take me to the nearest hospital, about thirty minutes away over icy roads. Doing some quick calculations, I estimated that the antihistamine would not show any effects for about ten minutes, while my breathing was becoming increasingly labored. It was then that the internal effects began. Apparently, hives are not limited to the skin alone, but can begin to break out in the digestive system, which was happening to me. The abdominal pain became excruciating very quickly, so I decided not to call my neighbor. I honestly felt that if I could not get control of my bodily reactions very quickly, I would die. I crawled to my bedroom, grabbed my stereo head-

phones, and clamped them on my head. I found the Hemi-Sync Pain Control tape and jammed it into my cassette player. Luckily, I had borrowed a Hemi-Sync De-Discomfort tape from a friend several months ago and entrained myself with the "55515" Command long before purchasing my own Pain Control tape.

The internal pain I now experienced was very severe; my eyes and ears were totally swelled shut, my breath coming in shallow gasps. I lay on the floor with my knees clasped to my chest and turned on the tape player. My emergency syringe of epinephrine was on the floor beside me, but I wasn't sure I could stay conscious long enough to inject myself. I hoped that my brain would absorb the Hemi-Sync signals even though I could no longer hear through my swollen ears. Within about fifteen seconds of turning on the tape I began to feel its effects. Although I was still doubled up and could not straighten my legs, I suddenly felt as though part of myself had split away and become an "observer" of the pain, and that my consciousness was in this pain free-part of myself. Although my body was still in the throes of the attack, I no longer felt that I was going to die. Additionally, although I was conscious of the severe pain and exactly where it was, I was detached from it.

I listened to the entire Pain Control tape, flipped it over and listened to it again, and then listened yet a third time. By this time, the antihistamines had begun to work; I could breathe more easily. I still couldn't see out of my swollen eyes, but I groped my way to the bathroom and prepared a warm bath filled with Epsom salts. I spent two hours in the bath before the hives began to go away. Before I went to bed, I listened to the Circulation and Energy Walk tapes so that I could begin to clear the toxic wastes and chemicals from my body. I spent the next day working very hard with Circulation and started using Regenerate on my adrenals and thymus. I was amazed at how much more quickly I recovered than in the past. I now believe that my adrenals do not work as they should, and am using Regenerate on a daily basis to repair them.

QUARTERLY TAPE INTRODUCES *LIFELINE*

LIFELINE is "the most powerful learning session the Institute has attempted to date," according to Bob Monroe, developer of the new program which premiered in June. *LIFELINE* is for *GATEWAY VOYAGE* and *GUIDELINES* graduates only. Its purpose is service to others: service in the Here for living humans who request it; and service in the There for those who no longer are in time-space physical existence. Most *LIFELINE* activity takes place beyond Focus 21—in Focus 23, 25, and 27. Our member tape this quarter features conversations with Bob and TMI staff about the *LIFELINE* program, interesting factors that have come out of it, and other developments at the Institute.



INNER CIRCLE (cont'd)

tribution (at least \$500), demonstrating support for the Institute beyond the existing levels of membership. To date, dollars contributed by Inner Circle participants have paid for staff time, for specialized consultations, and for the various bells and whistles required to carry forward the leading-edge work of the lab. Other Inner Circle participants have contributed needed equipment, such as computers and printers, musical keyboards for sound effects, etc. Contributions of service also meet the requirements for Inner Circle eligibility, providing that the service has a dollar equivalency of \$500 or more.

We're grateful for our Inner Circle supporters, whom we consider active partners in our efforts. They appreciate the opportunity to share in the work of The Monroe Institute. The Inner Circle has proven itself a win-win idea.

For more information about the Inner Circle, call Julie Mazo at (804) 361-1252.



HOLIDAY GIFT OFFER

There's no better way to show you care than by giving the gift of refreshing sleep, or relief from stress, or any of the other life-enhancing tools available from The Monroe Institute and Interstate Industries. See the Holiday Gift insert for the special offers available to you this holiday season.



TIP-OF-THE-ISSUE

H-PLUS See-Be Function Command—PLUS-AUTOMATE

See-Be's stated purpose is to "convert any consciously controlled physical or mental activity into an automatic response." A *GATEWAY OUTREACH* Trainer has discovered its value for adjusting a physical activity that is usually considered automatic. This woman had bashful bladder syndrome—a lifelong condition which made it impossible to urinate in other than complete privacy. More prevalent than might be imagined, the syndrome causes discomfort, embarrassment, and predisposition to urinary tract infections. After learning See-Be and practicing with it over a six-month period, she applied it in this situation and was surprised and relieved at its effectiveness. It's best to use the Command in preparation and again at the point of beginning to empty the bladder. Waiting until you experience discomfort can be detrimental to success.

HUMAN
H-PLUS

GATEWAY OUTREACH

EXCURSION and HUMAN PLUS Workshops Scheduled

The *GATEWAY OUTREACH* program was created in 1985 to meet the many requests for *GATEWAY* training close to home. The first of the GO program's two components is the *EXCURSION* Workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* Workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* Workshop was added to the *GATEWAY OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

Both workshops are offered throughout the United States and in other parts of the world by Accredited *OUTREACH* Trainers who have undergone rigorous preparation at the Institute. For the name of the *GATEWAY OUTREACH* Trainer nearest you, call (804) 361-1252.

Here are some of the GO workshops scheduled for the next few months:

EXCURSION WORKSHOPS

USA
LILY DALE, NY
 November 9-10
 November 23-24
 November 28-29
 contact Cheryl O. Williams
 (716) 595-3927
MONTVILLE, NJ
 November 2-3
 contact Judith Lerner-Taylor
 (201) 402-8142
SAN FRANCISCO, CA
 October 19-20
 November 16-17
 contact Gini Patterson
 (415) 381-5476
SCOTLAND, CT
 October 26-27
 November 23-24
 contact Genia Haddon
 (203) 456-0646

CANADA
ABITIBI area, QUEBEC
 November 15-17 or
 November 22-24
DRUMMONDVILLE, QUEBEC
 November 1-3
LOUISVILLE, QUEBEC
 November 8-10
QUEBEC CITY, QUEBEC
 October 18-20
 contact Sylvestre Gorniak
 (514) 351-3870

DENMARK
KNEBEL
 October 24-25
 November 9-10
 November 28-29
 December 7-8
 contact Finn Havaeschka
 (DK) 86-365484

ENGLAND
FLEET, HANTS
 October 18-20
 November 3-7
 December 13-15
 contact John Perratt
 0252-626448

H-PLUS WORKSHOPS

USA
LILY DALE, NY
 November 11-12
 November 16-17
 November 30-December 1
 contact Cheryl O. Williams
 (716) 595-3927
NAPLES, FL
 October 18-19
 November 15-16
 December 13-14
 contact Robert R. Spaulding
 (813) 261-5222

CANADA
TIMMINS, ONTARIO
 October 11-13
 contact Sylvestre Gorniak
 (514) 351-3870

ENGLAND
FLEET, HANTS
 November 15-17
 December 8-12
 contact John Perratt
 0252-626448

WHOLE-WORLD SYNCHRONY

From Jill and Russ Russell of Cambridge, England, comes a suggestion to use our global network of TMI members in a way that serves each of us individually and collectively; a way that allows us to exercise those skills and abilities we've gained from our Hemi-Sync experiences, and that can make a significant positive impact on our reality as we perceive it.

Every Thursday (to establish a weekly routine), we enter into a deeply relaxed state of highly focused consciousness—no time, no space—and connect with that part of ourselves which is all of us. Within that connection, as we sense it, we extend our willingness to experience pure happiness, simply allowing ourselves to resonate with that vibratory pattern. Then, as we return to full, waking consciousness, we allow the vibration of gratitude to flow naturally and easily from us.

See you "there"!

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Monroe Center in Faber, Virginia.

1991-1992

GATEWAY VOYAGE

October 19-25, 1991
 November 2-8
 December 7-13
 January 18-24, 1992
 February 8-14
 March 7-13
 April 11-17
 May 9-15
 June 6-12
 July 11-17
 August 1-7
 August 29-September 4
 October 3-9
 November 7-13
 December 5-11

GUIDELINES

October 12-18, 1991
 February 1-7, 1992
 March 28-April 3
 April 25-May 1
 August 8-14
 September 5-11
 November 14-20

PROFESSIONAL SEMINAR

July 18-24

GATEWAY CHARTER LIFELINE (A Graduate Program)

November 16-22, 1991
 January 25-31, 1992
 February 15-21
 March 14-20
 May 16-22
 June 13-19
 August 15-21
 September 12-18
 October 10-16
 November 28-December 4
 December 12-18

HEMI-SYNC 2000

June 20-26
 October 24-30

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